Fish Consumption Advice for Green Bay and the Lower Fox River Area of Concern

Benefits of eating your catch

Fish are a nutritious family food. Some of the benefits of catching and eating 1-2 servings of fish per week include:

- Low cost and fun to catch your own fish
- Low in fat, yet high in protein
- Great source of vitamins, minerals, and omega-3 fatty acids

However, polychlorinated biphenyls (PCBs) pose health risks and prompt the need for fish consumption advice. See the next two pages for recommendations on eating fish from the lower Fox River and Green Bay.

Young angler's catch from the Peshtigo River.

What are polychlorinated biphenyls (PCBs)?

PCBs are man-made chemicals that were used in electrical equipment, industrial processes, and manufacturing and recycling of carbonless copy paper. PCBs were discharged into the Fox River for decades before it was discovered that these chemicals build up in the environment and pose health risks to humans and wildlife. Restrictions on PCB use, manufacturing, and disposal began in the 1970's, but PCBs remain in the sediment of these rivers.   Wisconsin and the federal government are working with responsible parties to remediate PCB contaminated sediments in the Lower Fox River and Green Bay. For more information please visit dnr.wi.gov/org/water.

Tell me about PCBs in fish and what types of fish are safe to eat.

- PCBs are resistant to degradation and bioaccumulate to higher concentrations through the food chain
- Younger, smaller fish have lower amounts of PCBs than larger, older predator fish
- PCBs accumulate in the fatty tissue, so fatty fish such as carp and catfish have higher levels of PCBs.
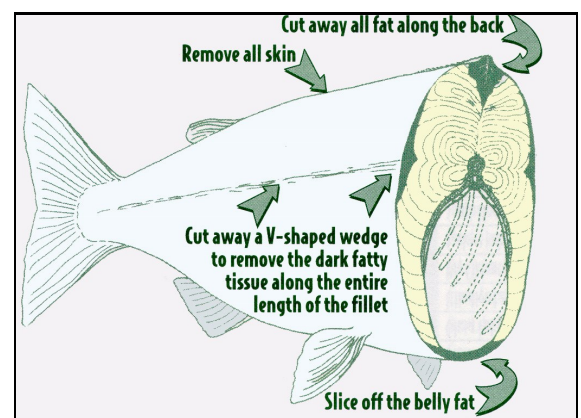
What are the health risks?

PCBs are stored in your body fat for years. Your health risk may increase as you eat more fish that are high in
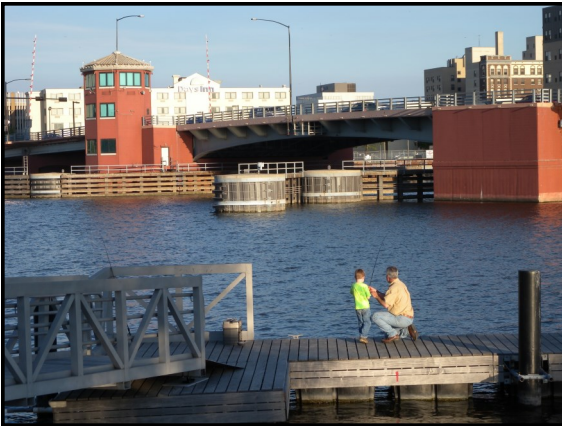
- Developmental impairments in children
- Harmful to the immune system
- Harmful to the reproductive system
- Alters thyroid hormones
- Associated with a higher risk of cancer

How should I prepare and cook my fish?

Proper cleaning and cooking techniques can reduce PCB levels by up to 70%. Follow the following preparation techniques:

- Fillet your fish
- Remove the skin
- Trim away belly fat, fat on the backsides and fatty dark meat
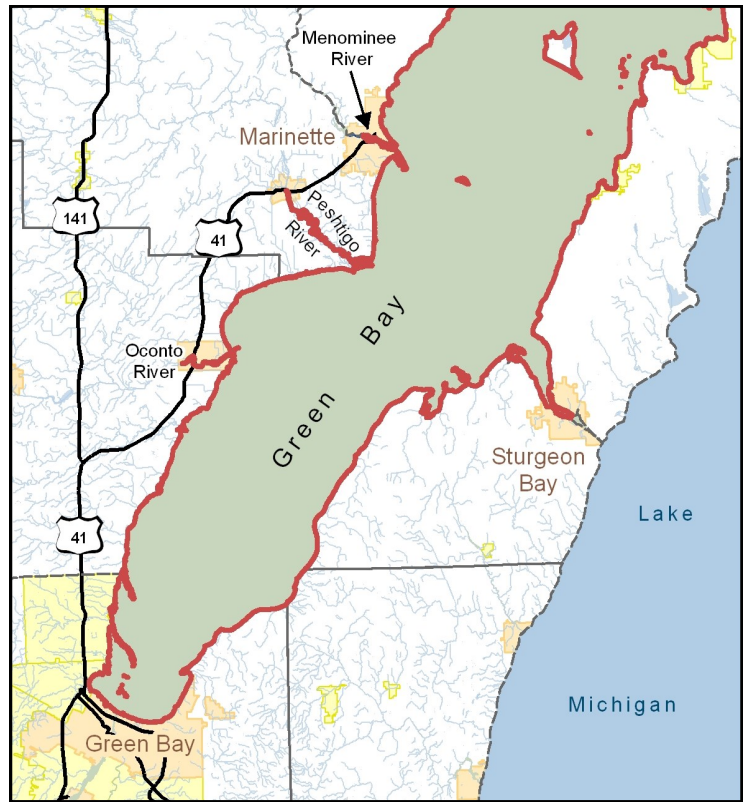- Do not eat the eggs
- Bake, broil, or grill

Cut away all fat along the back
Remove all skin
Cut away a V-shaped wedge to remove the dark fatty tissue along the entire length of the fillet
Slice off the belly fat

Family fishing at Leicht Park in Green Bay.

Photo by David Rowe

Western shore of the Fox River near the Highway 172 bridge.

Green Bay and its tributaries (except the Lower Fox) south of Marinette

EAT NO MORE THAN ➡	1 meal per week	1 meal per month	1 meal every 2 months	Do Not Eat
Green Bay south of Marinette and its tributaries (except the Lower Fox) including the Menominee, Oconto, and Peshtigo Rivers from their mouths up to the first Dam		brown trout under 28"		**brown trout over 28"**
	burbot	chinook salmon		**carp**
		lake whitefish		**lake sturgeon**
	northern pike under 27"	northern pike over 27"		
		rainbow trout	channel catfish	
		sheepshead	muskellunge over 50"	
	smallmouth bass under 13"	smallmouth bass over 13"		
	white suckers	walleye	white bass	
	yellow perch		white perch	

See WI DNR's website: dnr.wi.gov/topic/fishing/consumption

Fox River from the De Pere Dam to the mouth
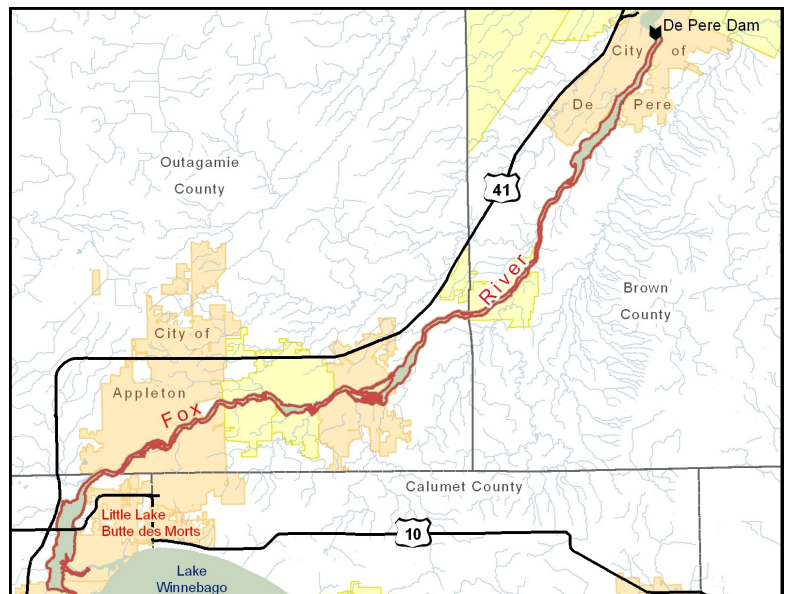
Fox River from Little Lake Butte des Morts to the dam in De Pere

EAT NO MORE THAN ➡	Unrestricted	1 meal per week	1 meal per month	1 meal every 2 months	Do Not Eat
Fox River from the De Pere Dam down-stream to the mouth			black crappie bluegill lake whitefish rock bass smallmouth bass white sucker yellow perch northern pike under 33" sheepshead under 19" walleye under 21"	white perch white bass northern pike over 33" sheepshead 19" - 23" walleye 21" - 25"	**carp channel catfish buffalo** **sheepshead over 23"** **walleye over 25"**
Fox River from Little Lake Butte des Morts downstream to the dam at De Pere	bluegill sunfish crappies bulllheads (1)	bluegill sunfish crappies bulllheads (2) all other species (1)	channel catfish walleye white bass white perch yellow perch all other species (2)		**carp**

1 Men and women over 50   **2** Kids under 15 and Women under 50

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